



## Tips for Meditation

In our work it's common for people to ask us about techniques in meditation. What it is and how it's done, is different for every person. I suggest the practise of mediation is only as complex as you want to make it. You can follow strict principles in a specific style and practise it for years, or you can be like us and keep it simple. You may be surprised to know that you already practise some form without even realising. Active mediation for example is very common. Many forms of exercise, including yoga and gardening can induce a meditative state. I often get my best inspiration while washing the dishes in the kitchen sink, believe it or not. Providing you're not in an agitated state racing to get all the housework done, the action is non-demanding and occupies the conscious mind, allowing your Guides\* or unconscious mind to slip into the quiet space. My wife Chris on the other hand, likes to just sit in the garden with a cup of tea. My point is that you do not need to sit cross legged in the middle of the room surrounded by crystals and candles while chanting for hours on end. You do not need to hold any particular pose.

*\*Refer to one last point at the end of this article.*

Having said that, I do have a few suggestions that may help you to relax and allow in some wisdom from your Guides or unconscious mind. Within our work of energy healing, the ultimate intent is to have the client enter their heart space free from fear or any other obstruction. This is a process of going internally to recognise yourself as simply love. This is very rarely achieved in a single session, as most often there is a lifetime of emotional burden to clear away first. You could consider your heart space as a limitless room with no walls, a bit like stepping into the void. Everyone will have a different interpretation of the heart space and how to get there. Just consider that it resides in the centre of your chest and incorporates the heart chakra. For me to enter the heart space, I simply open the door and step inside. I know some people describe it as sitting in a hot tub of love or sinking into a big feather bed. You may perceive a specific colour or maybe not. If you choose, you could imagine the heart space filled with golden sunlight.

**Cosmic Energy** or **Universal Energy** is classed as masculine or Yang energy and it is infinite. This is the energy that passes through the crown chakra. You could class this energy as the fuel for your energy systems. I envisage the colour of this energy as golden sunlight. It could in fact be any colour depending on your needs at the time. Of course, if you do not perceive any colour, know that it's okay. Just be sure to set your intent to connect to the universal energy.

**Grounding Energy** or **Mother Earth Energy** is also infinite and is accessed via the base chakra and the chakras in the feet. This energy is classed as female or Yin energy and is used to balance the Yang (male), thereby allowing energy to flow in harmony. Most people are not strongly connected to this earth energy. When you do make a good connection, you may feel as though your legs and feet are very heavy, but this will pass. You could class this energy as the oxygen for your energy systems. The colour will vary depending on your perceptions and needs at the time. And again, if you do not perceive any colour that's okay.

Earth energy is a very nurturing, healing energy. Even though we have all chosen to experience an earthly existence, most of us need to continually renew our connection with the planet. Our spirit would rather be off in other dimensions, so a good connection with this Yin energy is important to keep the spirit grounded in the body. If you are challenged with making a good connection, imagine standing on a sandy beach with the water lapping around your ankles. Or alternatively, imagine being in a tropical, rainforest.

The following steps describe how to connect to the energies we have described. You can connect to these energies for meditation while lying down, or sitting in a chair with your feet flat on the floor; whatever you feel gives the best results. The order of connection is not that important, but your intent must be clear and positive. Remember, if you don't see any colours that's alright, just go with the flow and trust in the process.

**Seated:** With your back straight, sit with your feet shoulder width apart and flat on the floor. Align your feet so they are parallel to each other (neither pigeon toed nor military 45 degrees). This may feel a little unnatural but it's a good way to anchor the energy. Allow your hands to rest on your legs. Place a pillow behind your back if it helps you feel more comfortable. Have your eyes closed, while facing straight forward.



**Lying Supine:** You can also connect to the energy flow while lying down. Lying on your back, with feet shoulder width apart, allow your arms to rest by your sides. It's important not to rest them across the body. You can use a pillow under your head and behind your knees if it makes you more comfortable.

**NOTE:** If you are pregnant however, it is more appropriate and safest, to lie on your left side to maintain blood circulation. This energy connection is quiet safe for mother and baby.



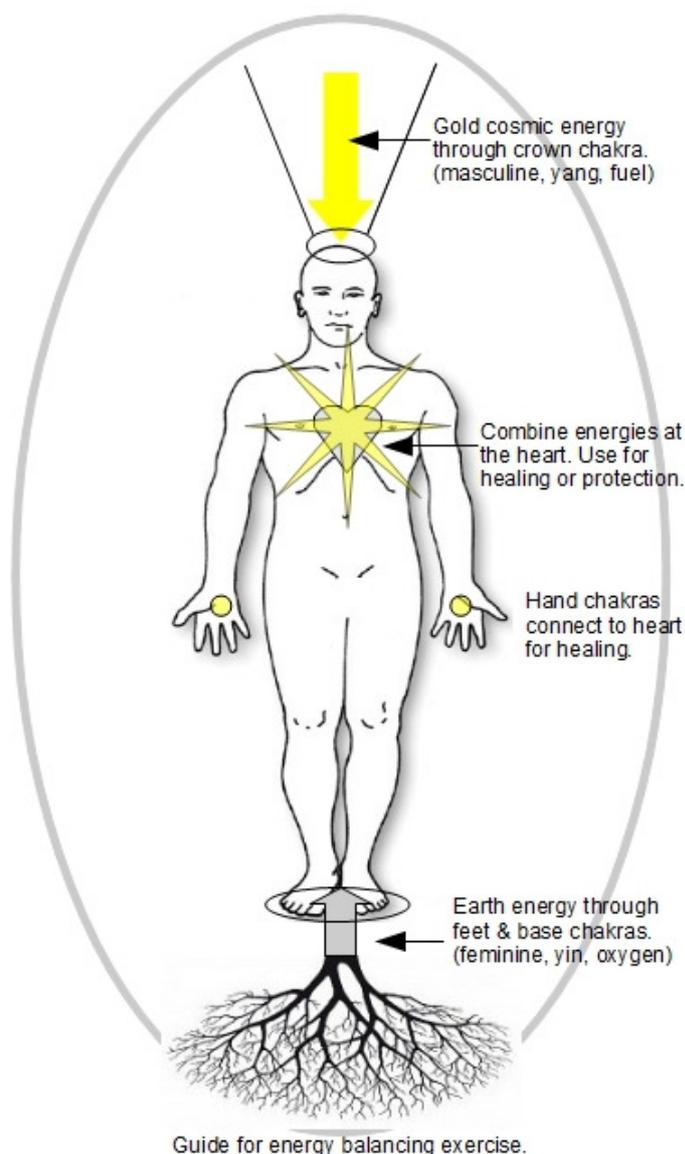
*If pregnant, it's safest to lay on your left side.*

Although not vital you may find a benefit in having your feet directly on the ground connecting with the Earth. However, I appreciate that with clients across many countries, frozen ground or high-rise living can prevent this. As long as you are motionless, you can make these energy connections at ground level or in a high-rise building. You could even do this sitting at your work desk. Although not vital, you can kick your shoes off.

- 1) Take three deep breaths, allowing yourself to relax, before beginning the process.
- 2) Grounding Energy: Sitting or lying down, imagine roots going down from the base of your spine and your feet, entering the Earth and spreading out like a large tree. Draw the earth energy up through your roots to fill your entire body, all the way to the top of your head. Whatever colour you perceive, know that it's okay, it's the perfect colour for you at that time.

This energy flows a little slower than the Yang, cosmic energy. If you feel your legs get heavy, that will pass. The key is to allow the energy to rise up rather than forcing it. Imagine the Earth energy inflating you like a beach ball, gently removing any folds or creases. This will help prevent negative energy from being trapped in any stress points, keeping you very grounded and solid.

- 3) Universal Energy Connection: Having connected to the Earth energy, now imagine the clean energy of the universe flowing down into you through the crown chakra, filling your whole body, all the way to your fingers and the ends of your toes. I envisage golden sunlight. If you don't perceive a colour, that's okay, think of it as universal sunlight. Remember, it's all about intent.
- 4) Heart Connection: Making the heart connection is simply the act of bringing your awareness to the centre of your chest or your heart space. Imagine stepping into or sinking into that space. You're bringing your focus internally rather than outward. As your body relaxes, allow yourself to sink further into the void. The perceptions will be different for every person. For me I often meet myself in this heart space and literally allow myself some self love. Sometimes I find myself transported to an ancient amphitheatre surrounded by scholars and I get to ask questions. Sometimes I just fall asleep...it's all good.



**Additional Notes:** The key is not to focus on any specific chakra. You will need to allow time for the body to relax. If random thoughts pop into your mind, allow that to bounce you deeper toward or into your heart space. I know some people go through a process of relaxing the body from head to toe but it's entirely your choice. Set your intent and your Guides will be doing everything they can to help you, so trust in the process. Remember you're a unique individual and your technique will be different to others.

- If you can, practise your technique regularly at the same time of day
- Keep it simple
- There is no optimal time; how long you meditate is up to you
- Before any meditation, set your intent
- Do you have a specific question or problem to resolve, or just need to relax
- Play any relaxing background music of your choice
- Allow yourself to drift into the heart space
- Yawning or the desire to blow out a big breath of air at any time in the process is quite okay...don't fight it
- It's okay if you fall asleep
- It's also okay if you do not receive any earth changing wisdom or messages
- It's quite common for answers to arrive after your meditation
- The more you force the process the more resistance you create
- If you are struggling with fear or other obstructions when exploring the heart space, you may need to seek help to clear the blockages

**One last point:** I appreciate that not everyone believes in the concept of Guides or Higher Realms as such, and there is no need to. If you do, then it's likely your concept will be different to others. It's your choice whether you invite in anyone or anything into your meditation, however I suggest not to. Basically, meditation is all about having a conversation with, or getting in touch with, your true self. Trust in your own Spirit and unconscious mind to run the show.

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